FRANKFURTER FLAN

- 124g Eggs
- 63g Italian mozzarella – MORRISONs
- 105g Frankfurter – MORRISONs VACUUM PACK
- 21g Almond four flurry – HOLLAND & BARRETT
- 9g Double cream
- 40g Mature cheddar cheese
- 5g Psyllium husk – TELEPHONE BRAND SAT-ISABGOL

You will also need a tiny pinch of salt.

Pre heat oven to 180c / fan 160c / gas 5.
Grate the cheddar cheese, RESERVE 110g of the egg, frankfurters and the cheese.
Melt the mozzarella in a microwave for 30 seconds, stir and then melt for a further 30 seconds.
Beat in the cream, psyllium husk, almond flurry, pinch of salt and 14g of egg, until a dough is formed.
Roll out to fit a 6 inch pie dish or flan ring.
Slice the frankfurters, place on the pastry with the grated cheddar.
Pour the reserved, beaten egg over and then bake in a pre heated oven for 25 – 30 minutes.

Mo’s tip: This makes 4 good portions and can be served hot or cold.
Because it is very low carb you can add some vegetables or salad to complete the meal to suit your ratio.
I found that rolling pastry between baking parchment makes it easy!

Each portion (¼ of the flan) gives: 20.2g fat / 13.9g protein / 0.5g CHO

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION